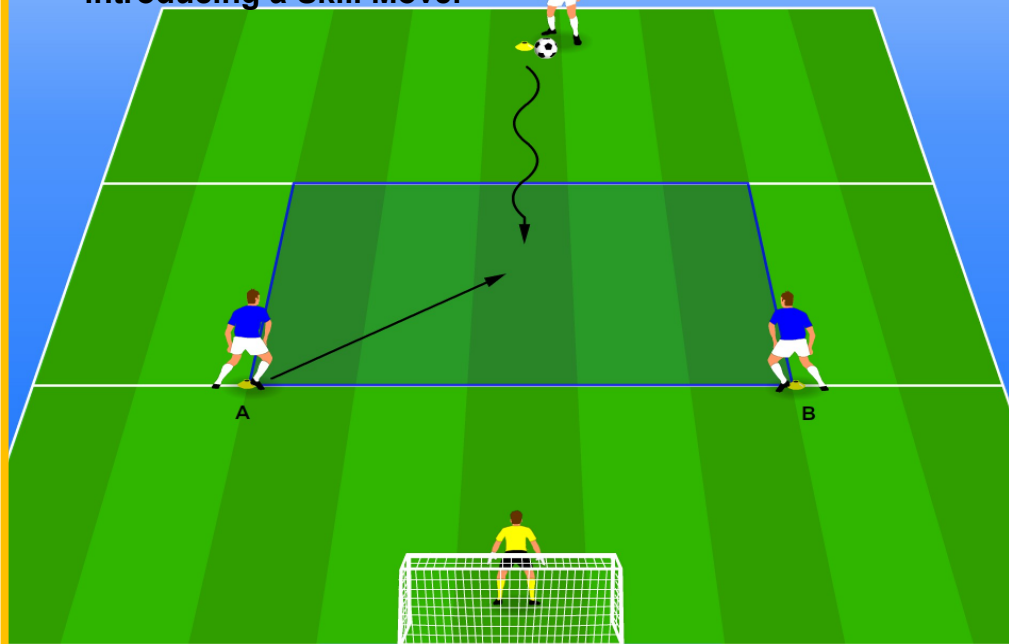


1v1 Duel

* This is a great activity to do when introducing a Skill Move. *



Organization

- Set up a starting cone 10 yards outside of the middle zone.
- The game starts with the attacker (RED player). On the attacker's touch forward, one of the BLUE defenders will come out to challenge them.
- The defender can only defend inside the middle zone.
- If the attacker makes it past the defender, they will then try and score on the goal.
- The defenders will alternate sides they pressure from.

Set up

Total Duration = 10 - 15 minutes

- Total Grid Size (Middle Zone) = 15-20 yards Width x 10-15 yards Length, 10-15 yards in front of the goal.
- Number of Players = 12 — 16 players split into 2 groups
- Number of Soccer Balls = 1 ball for the Red players (6-8 total)
- Number of Goals = 1 main goal

Coaching Points

- ⇒ Dribbling > keep the ball close and under control
- ⇒ Attacking > attack the space in front with speed
- ⇒ Defending > jockey, don't jump in early

Regression / Progressions

- ⇒ Have the coach act as a passive defender.
- ⇒ **Have two zones for the attacker to get through before they can go to goal.**
- ⇒ **Have the attacker go against 2 defenders.**